

NIK SKYWALKER

AHEAD OF HIS DEATH-DEFYING STUNT OVER NIAGARA FALLS, NIK WALLENTA TELLS METRO HE BELIEVES THAT HE IS 'SURROUNDED BY GUARDIAN ANGELS'

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Blending the new with the traditional

Soul soothing. Jazz festival promises new sounds to discover

JARED
STORY

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All that jazz ... and more. The 2012 TD Winnipeg International Jazz Festival, running June 14 to 23, promises something for everybody.

"It's always a balancing act," says Jazz Winnipeg executive producer Paul Nolin. "The event itself has to appeal to the widest possible audience. The trick is to program for the traditionalists, while also looking

forward to new sounds, what's up and coming, and what's really keeping the music alive."

The festival kicks off with four days of free programming at Old Market Square, with the paid shows starting on Monday and continuing until June 23. The festival features more than 80 local, Canadian and international acts, including American soul singer Janelle Monáe.

"I really think she's a star on the rise, an up-and-coming modern-day version of James Brown or Michael Jackson," Nolin says. "The show itself will be a spectacle with a huge band onstage with choreography and a big light show."

Other big names in the festival's theatre series include

trombonist Delfeayo Marsalis, Brooklyn rockers the Hold Steady and soul music legend Booker T. Jones.

Seven downtown clubs will also host nightly shows, including concerts by punk bluegrass group Larry and His Flask, Winnipeg darlings Imaginary Cities and New York City-based pianist Vijay Iyer.

Nolin suggests buying a festival club pass or one-day wristband. "Try to get caught up in the festival vibe and see what it's all about," he says. "That's where the real experience comes from, walking from room to room, looking for new music."

Visit jazzwinnipeg.com for more info.

Trafficked teen terrified: Mom

In a Metro exclusive, the mother of a girl allegedly forced into prostitution says daughter was beaten

PAGE 8

Teacher showed body-parts video

A Montreal teacher is suspended for showing his class the infamous video linked to Luka Rocco Magnotta

PAGE 6

Thank dad for 'peerenting'

Have a cool dad? Make this year's Father's Day extra special with our gift guide

PAGES 20-24



Janelle Monáe plays the Burton Cummings Theatre on June 20 as part of the 2012 TD Winnipeg International Jazz Festival. CONTRIBUTED/JAZZ WINNIPEG

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Comments about inquiry

Chiefs join in call for children's advocate to resign

Grand chiefs in Manitoba are adding to the call for the province's children's advocate to resign.

Darlene MacDonald told the Winnipeg Free Press last week that she's concerned about the millions of dollars an inquiry into the 2005 death of five-year-old Phoenix Sinclair will cost.

She said the money would be better spent on improved resources for families and children.

The Assembly of Manitoba Chiefs, Manitoba Keewatinowik Okimakanak and Southern Chiefs Organizations said in a joint news release Wednesday that they are "greatly disappointed and concerned" with MacDonald's comments.

They say MacDonald's office has not sought standing at the inquiry, and say her job is to work and protect children in Manitoba, not for the interests of the government.

Liberal Leader Jon Gerrard has also called for MacDonald to resign.

The public inquiry, headed by retired judge Ted Hughes, is scheduled to begin hearing testimony in September.

Phoenix spent most of her short life in foster care before being handed back to her mother. She died after being tortured, confined and assaulted inside the family's home on the Fisher River reserve.

It took more than nine months for officials to realize the toddler was missing despite the fact she had only recently been in the care of Child and Family Services.

Her mother, Samantha Kematch, and Kematch's boyfriend, Karl McKay, were convicted of first-degree murder and are serving life sentences. **THE CANADIAN PRESS**

Youth. Polar bear group seeking ambassador

Frontier North Adventures will select a Manitoba high school student to head to camp in Churchill as an Arctic ambassador. The camp, which will be held from Sept. 30 to Oct. 6, is run by the conservation organization Polar Bears International (PBI).

According to Frontiers North Adventures, the participants will spend a week at Frontiers North's Tundra Buggy Lodge at



the Churchill Wildlife Management area and learn from the experts what issues are affecting polar bears.

"Having the chance to see polar bears in their natural habitat, and to learn first-hand about climate-warming, is a transformative experience for Leadership Camps students," said Kathryn Foat, spokesperson for PBI. For more information visit frontiersnorth.com. **ALEJANDRA SALCEDO/METRO**

Bear cub. Planned release draws public opposition

The movement to keep a black bear cub from being released back into the wild is growing in Manitoba.

Conservation officials say they plan to release the cub named Makoon into the wild this month if things go well with his rehabilitation at the Assiniboine Park Zoo.

They say he is now 30 pounds and quite healthy. But many fear the bear will likely die if he is put out now on his own.

There is an online petition underway and another petition

Quoted

"If they release him prematurely, he's going to suffer."

Judy Stearns, animal advocate

on paper, with thousands of names on it, calling on the province to send Makoon to a bear sanctuary.

There was also a rally Wednesday at the zoo where the animal is currently being housed. **THE CANADIAN PRESS**

A Lowe blow? Hellhole tweet upsets 'Peggers'

Hashtag. In-town actor complains after NBA broadcast was interrupted, setting off a backlash on Twitter

It seems hell hath no fury like a city that feels it's been called a hellhole by a Hollywood actor.

Rob Lowe, in Winnipeg to shoot a made-for-TV movie, has stirred up anger after writing a message on Twitter Tuesday night that ended with the hashtag "#Trapped-inahellhole".

Lowe was complaining about how he was watching the NBA playoffs on TV when the station interrupted the game for coverage of municipal elections. However, there were no municipal elections in Manitoba Tuesday — Lowe was likely watching a TV station based across the border in Grand Forks, N.D.

Winnipeg residents quickly fired back on Twitter, call-

ing Lowe a jerk, a schmuck and other names.

"You can leave any time," wrote Ken Johnston.

"Feel free to leave the hell hole. I'm sure another great thespian could take your roll (sic)," wrote Scott Cawson.

The apparent jab came as a disappointment to Liz Peters, a Lowe fan who managed to get a picture with the star outside his hotel last week. Lowe seemed quite happy and had no complaints, she said.

"He was signing autographs and he took pictures with myself and he asked personal questions about myself and ... seemed to show interest. Not every celebrity is going to do that," Peters said Wednesday.

By Wednesday morning, Lowe was tweeting more positive messages about the city, and it was unclear whether the hellhole tag was a reference to Winnipeg as a city or simply the bar in which he watched the basketball game.

THE CANADIAN PRESS



Rob Lowe said his tweet was meant for a particular sports bar, not the city. "Will find a better sports bar. Was the worst!!!!", he wrote in response to someone who said he could have watched the game uninterrupted on TSN instead of a North Dakota station. **GETTY IMAGES**

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NEWS

On the web

So a wildfire walks into a bar...

In Colorado, wildfires have scores of residents fleeing their homes. As they wait out the flames, some are trying to keep up spirits by way of humour and charity. Watch at metronews.ca

Mobile news



They live on your skin, up your nose, in your gut — a universe of bacteria, fungi and other microbes that if weighed all together would tip the scales at a few pounds. Scan the code to read about the map scientists have created outlining the microscopic critters living in and around us.

New York state of mind?

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Scrap-yard blaze ruled accidental

Massive flames.

Damage from metal combustion at General Scrap on Bismarck St. estimated at \$300,000



SHANE GIBSON
shane.gibson@metronews.ca

Crews spent the better part of Wednesday putting out hot spots at the huge scrap-yard fire off Springfield Road that kept volunteer firefighters from a number of rural departments busy for more than 24 hours straight.

"We worked really hard on (the fire) overnight, breaking it apart to try and get to the main fire in the middle of the pile, which was burning white-hot," said RM of Springfield fire Chief Dick Vlaming Wednesday afternoon. "We were actually seeing the steel dripping back onto the fire — that's how hot the metal was."

The Office of the Fire Commissioner said the blaze started accidentally around 5 p.m. when hot shards of metal from

the shredding process landed near combustible items in the yard at General Scrap on Bismarck Street in the RM of Springfield.

The fire quickly grew as crews had trouble bringing in water to fight the 30- to 40-foot flames that sent up a huge plume of smoke into the sky visible across south Winnipeg.

Firefighters from Winnipeg were on notice throughout the night, but weren't needed as a water-bombing helicopter was brought in to repeatedly dump its 200-gallon water tank on the blaze.

Water was also pumped over from a City of Winnipeg hydrant at Harbour View Golf Course to douse the fire, and Mother Nature helped out with a rain shower overnight.

Vlaming said General Scrap was remarkably able to open for business as usual Wednesday morning while firefighters were still on scene dousing flare-ups.

Crews were expected to wrap up their efforts at the site by 7 p.m. Wednesday.

Follow Shane Gibson on
Twitter @tsgibson



Heroic effort

After fighting the General Scrap fire all night Tuesday and Wednesday morning, many of the volunteer firefighters took a break by going straight to their day jobs.

- "Volunteer firefighters work for the community because

we love helping people," explained RM of Springfield fire Chief Dick Vlaming, back at work after spending 14 hours at the fire without sleep. "My hat goes off to the municipalities that gave us a hand, and their families."



A water bomber flies away after dropping 200 gallons of water on the fire at General Scrap. BERNICE PONTANILLA/METRO

Set sail. Paddlewheel Queen back on the Red River

The lower water levels on the Red River have brought a popular local captain out of retirement. Steve Hawchuk is back on his riverboat, the Paddlewheel Queen, and looking forward to a season with lots of passengers and sunshine.

"The public was bugging me to keep the boats running and the weather changed," said Hawchuk, who has owned the Paddlewheel Queen and Paddlewheel Princess since 1969.

After many seasons cut short due to high water on the river, Hawchuk retired, leaving summer fun-seekers with no Paddlewheel boat rides in 2011. Less snow this past winter brought river levels back to normal, so the boat is back on the water this season.

The first cruise of the season took place on June 3. Hawchuk expects a large crowd to come

out this Sunday for Father's Day.

"It's been good, so hopefully the weather lasts all summer," said Hawchuk from the Redwood Docks, where the boats will set sail and dock. "Everybody is happy — we just want to see as many people as possible come out."

Fellow captain Adrian Ames said that in the 12 years he's been with Paddlewheel Riverboats, nine years have been affected by high river levels.

"The Paddlewheel boats are almost an icon in Winnipeg — we've had everybody from Burton Cummings to Sierra Noble on here," he said, adding that many people "don't realize the associated benefits of having the boats in the water."

Paddlewheel employs students from Red River College's hospitality and tourism programs, and uses many Mani-



Normal water levels on the Red River have brought the Paddlewheel Queen boat out of retirement for the summer season. BERNICE PONTANILLA/METRO

toba-based businesses in its operations.

So far this season, the Paddlewheel Queen is running every weekend and also some weekdays. If demand picks up,

the Paddlewheel Princess will also be taken out for a spin.

For a full schedule, visit paddlewheelcruises.com or call 942-4500.

BERNICE PONTANILLA/METRO

[illegible]

Six-year ordeal

Duo accused of torturing, starving captive girl

A Bosnian man and his girlfriend have been charged with illegally imprisoning and torturing a German teenager for more than six years.

Tuzla prosecutor's office aide Admir Arnautovic said Milenko Marinkovic, 52, and Slavojka Marinkovic, 45, have been indicted on the

charges.

According to the indictment, the 19-year-old girl was "held captive, starved, prevented from going to school and meeting other people and otherwise physically and mentally tortured."

The couple were arrested in May at their home in Karavasi.

Villagers said they had treated the girl like a slave, beaten her, forced her to sleep and eat with pigs, and whipped her while pulling a horse cart. **THE ASSOCIATED PRESS**

Single mom

Blogger starts a 'fuzz' with her tweets about Jews

A social-media experiment in Sweden raised eyebrows when a curators made offensive tweets about Jews.

A 27-year-old Swedish blogger, who describes herself as "a single and low-educated mother," took over as the main curator of @Sweden this week and quickly found herself in the

middle of a controversy over some of her tweets.

The @Sweden Twitter project is a bid by the Swedish Institute and Vis-itSweden to foster interest in things Swedish.

In between Sonja Abrahamsson's musings about her life, she posted a series of tweets about Jewish people. In one, she wrote: "Whats the fuzz with jews. You can't even see if a person is a jew, unless you see their penises, and even if you do, you can't be sure!?"

TORSTAR NEWS SERVICE



Students speak to reporters, not pictured, at Cavalier-De LaSalle High School Wednesday. **RYAN REMIOWZ/THE CANADIAN PRESS**

Teacher screened vile video

Alleged Magnotta tape. High school swiftly suspends man but students defend him, saying they asked him to play it

High School in Montreal's west end say they quickly informed the students that a team of psychologists was available to deal with any problems from watching the video.

"We condemn with one voice the actions of the teacher," the school board said Wednesday.

"The incident is being taken very seriously."

Students are defending the popular young teacher — who one described as being in his 20s.

Another student said it was the kids who asked him to play the video. She said the teacher was hesitant. A few children in the class also objected.

"He's a very good teacher," declared 17-year-old Maude Aubin-Boivin, adding: "Honestly, his courses are super fun."

THE CANADIAN PRESS

A teacher has been suspended by a Montreal school for showing Grade 10 students the infamous video that shows a killing allegedly committed by Luka Rocco Magnotta.

The teacher showed the students the grotesque scenes on June 4 and was immediately suspended that afternoon — with pay.

The video is so disturbing that even seasoned detectives who watched it were troubled by the contents, Montreal police say.

Staff at Cavalier-De LaSalle

Police confirm it

DNA shows Lin's body parts were mailed to B.C.

Montreal police said Wednesday that DNA results have confirmed the two body parts mailed to Vancouver last week belong to student Jun Lin.

Luka Rocco Magnotta, a porn actor, is suspected of

killing and dismembering Lin before sending some of his body parts to Canadian political parties and schools.

In Berlin, a court has ordered Magnotta to be held in pre-extradition custody as his likely return to Canada edges closer.

Magnotta, 29, fled to Europe and was captured at an Internet café in Berlin.

He has said he won't fight extradition.

THE CANADIAN PRESS

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Nik Wallenda: High & mighty

King of the High Wire.

On eve of attempt to cross Niagara Falls, the skywalker talks about faith, family, what's next

KATHY
ULLYOTT

For Metro in Toronto

When he was 18, Nik Wallenda had his heart set on becoming a pediatrician.

But just one year later, his family, the legendary Flying Wallendas, was offered a once-in-a-generation opportunity: To re-enact the family's signature stunt, a three-tier, seven-person pyramid on a wire eight metres above the ground. In 1962, the pyramid had collapsed during a show in Detroit and killed two family members, paralyzing another.

Nik was in. And after the triumphant re-creation of the act in 1998, his path was set — on a cable just two fingers wide. This Friday the King of the High Wire will attempt to make history again by walking a wire across the thundering cataract of the Horseshoe Falls.

We asked this very public man about some very private moments.

How are you preparing physically as well as mentally for the Niagara Falls skywalk?

I don't have a regular regimen; my workout changes every day depending on my schedule. I always walk several wires and I try to relax and rest. I also try to work in physical activity with my family

— we'll play Frisbee, say, where you have to do 10 pushups if you miss a catch. Or catch it with your left hand only. I don't spend as much time with my kids as I'd like, so I try to be creative that way. Mentally, I don't meditate but I spend a lot of time praying, which is a kind of meditation. I'm a born-again Christian so I pray, I talk to God a lot.

Do you think that religion, or belief in a higher power, is necessary for someone in your line of work?

Well, I can say there's no way I would do it without it.

Have you ever had a supernatural experience, on or off the wire?

I wouldn't say so, no. But I do believe that I'm surrounded by guardian angels at all times, whether I'm walking a wire or walking down the street.

What is your greatest dream for your

children (Yanni, 14, Amadaos, 11, and Evita, 9)?

That they achieve their goals and dreams. And I like to think that as their father, I am inspiring them to do that. I love a challenge

— in taking on Niagara Falls a lot of people said it can't be done, it won't be done. But when someone says to me something can't be done, that's my cue to find a way.

If there was one thing in your life you could go back and change, what would it be?

Honestly, I wouldn't change anything. Yes, I've had great successes and some failures. But the failures, the disappointments all contribute to what I am, where I am today. And I wouldn't change that for anything.

If you could have dinner with one historical figure and ask him/her anything you want, who would that be?

That would have to be my great-grandfather, Karl Wallenda (who brought the family from Germany to America in 1928, and died in a fall from a wire in Puerto Rico in 1978). I was born in 1979 but he clearly was my inspiration. I'd love to ask him about our family, hear the family history, hear his amazing stories.

But if you could ask him just one question?

I'd ask him if he is proud. People tell me he would be honoured by what I've accomplished, but I'd love to ask him how he feels myself.

What happens after Niagara Falls?

I want to be a father and a husband for awhile. I've been consumed with this for six months — two years, really — and I really feel I've neglected my family. So I just want to spend time with them.

On the web

To view a live feed of the walk, go to metronews.ca



RANDY RISLING/TORSTAR NEWS SERVICE; PHOTO AT LEFT: HARRY SCILL JR./THE BUFFALO NEWS/THE ASSOCIATED PRESS

Forbidden zone

Century-long ban broken

Attempting to cross Niagara Falls on a high wire has been forbidden for the last 100 years. ABC is insisting that Wallenda wear a safety harness — something the high-wire artist initially refused to do. **METRO**

Steeling the thunder

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The cost of the seven-tonne steel wire, installation, permits, security, travel and marketing is estimated at about \$1.3 million. The TV deal with ABC will offset some of the cost.

At the brink

Laying it on 1,800 feet of line

Wallenda plans to start on the American side and walk 1,800 feet across the falls at 200 feet above the gorge bottom. If successful, he will be the first to cross over the brink of the famous falls.

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Rae won't run for Liberal leadership

Parliament Hill. Party leadership race now wide open as interim chief steps aside

Bob Rae won't seek the permanent leadership of the federal Liberals because it's better for the party, the interim leader said Wednesday, setting the stage for a wide-open race and renewing the tantalizing pros-

pect of a Justin Trudeau candidacy.

Sources say the 63-year-old Rae — who will stay on as interim leader until a replacement is chosen — decided against running primarily because, despite popularity among caucus members, he still doesn't have the broad support of the party's rank and file.

"It hasn't been an easy decision, (but) it's a decision I feel very comfortable with," Rae said after breaking the news to

his caucus behind closed doors. "For me, it was a question of deciding how I could do the best thing for the health of the Liberal party."

Rae's controversial tenure as Ontario NDP premier from 1990 to 1995 — marred by a deep recession, broken campaign promises and acrimonious relations with the province's unions — has long been cited as one of the principal reasons he struggled to win Liberal support. **THE CANADIAN PRESS**

Free-for-all

- Many are looking to Justin Trudeau to save the party, but Trudeau has said he's not interested in running.
- MPs Marc Garneau (Que.), David McGuinty (Ont.), Joyce Murray (B.C.) and Dominic LeBlanc (N.B.) are said to be thinking about running.



Liberal interim leader Bob Rae speaks to reporters in the foyer of the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

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Trafficking ring. Mother of alleged victim recalls daughter's horror

The mother of an alleged victim in an Ottawa human-trafficking case says her daughter is terrified.

The girl was robbed, beaten up, held for hours, forced into an encounter with a john and threatened repeatedly with having her throat slit, she said.

The woman, whose name cannot be published so as not to identify her daughter, said she confronted one of the suspected teen pimps and her mother to retrieve her daughter's belongings "and get her power back."

"She beat my daughter mercilessly in the face and the nose, kept punching her over and over again," she alleged of one of the accused.

Two 15-year-old girls have been charged in connection with the case. A third suspect, aged 17, is still being sought. Police say they lured three girls from the ages of 13 to 17 to a home by posting messages on social-media websites. The three victims were then allegedly forced to go to another location and perform sexual acts on men.

The alleged victim's mother, who said her daughter was held for hours but escaped, is upset that the third suspect has not been found and that police are unable to release her name publicly in order to locate her.

"My daughter was terrified. She blocked the door with

Ottawa

15-year-old in custody

A 15-year-old girl charged in connection with an Ottawa human trafficking and prostitution ring has been remanded in custody after a brief court appearance Wednesday.

The girl was formally charged with 18 counts in connection with three incidents involving three victims.

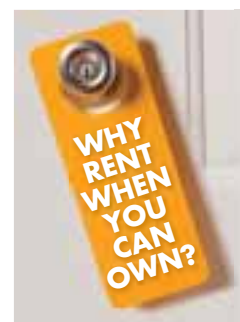
The charges include human trafficking, abduction and sexual assault. She will be back in court Monday to have a date set for a bail hearing.

The suspect is the second 15-year-old girl to be charged in the case.

THE CANADIAN PRESS

chairs and said, "They're going to come back and slit my throat." You have no idea of the terror," she said.

The daughter is apparently afraid of retribution after her mother contacted police and confronted the accused teen's mother. The girl's belongings were found in two of the accused girls' homes, her mother said. **JESSICA SMITH/METRO IN OTTAWA**



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Canada being hit by Dutch Disease: Report

Economic analysis. Organization for Economic Co-operation and Development traces the steep decline of manufacturing

The OECD is weighing in on the controversy surrounding whether Canada is suffering from an economic condition known as Dutch Disease, and it's qualified answer is yes.

The Organization for Economic Co-operation and Development warns in a report released Wednesday that the run-up in commodity prices is leading to an uneven economy in Canada.

Resource-rich provinces such as Alberta, Saskatchewan and Newfoundland have prospered, while others have fallen behind, in part because a commodity boom has strengthened the Canadian dollar, hurting exchange-sensitive sectors such as manufacturing and tourism.

Mixed reactions

The analysis mirrors that of NDP Leader Thomas Mulcair, who has been accused of pitting regions against each other for political purposes.

- Last month, the Pembina Institute said what it called "oilsands fever" has spread benefits unevenly across the country and could be hiding economic turmoil down the road.
- A second report from the Macdonald-Laurier Institute argued that all provinces benefit from the commodity boom.

A similar problem occurred in the Netherlands after its North Sea oil fields created a new source of resource wealth and contributed to the hollowing out of the manufacturing sector there, hence the term Dutch Disease.

THE CANADIAN PRESS



Consumer market growing

Customers look at displays of silk dresses at a shop in Shanghai on Wednesday. Chinese consumers can afford to splash out more on higher-quality products, but also expect better value for money than in the past.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Retail

Dollarama rolling out \$3 items

Dollarama Inc. plans to gradually introduce some non-grocery items priced as high as \$3 this summer, the Montreal-based discount retailer announced Wednesday along with a better-than-expected profit.

Larry Rossy, Dollarama's chairman and chief executive, said customers have responded well to the addition of items that are priced above

\$1 — although the previous limit was \$2. The plan is to gradually introduce items at \$2.50 and \$3 starting this August.

"We're just going to throw in some of these items and see what happens," Rossy told analysts on a conference call. "We're not talking hundreds of items here in any way."

But Dollarama said the majority of its merchandise will continue to be priced at \$1 or less.

Dollarama introduced a multi-price point strategy in 2009 as part of its growth

plan, and the popularity of higher-priced items has been on the rise.

About 51 per cent of the company's sales were from products costing more than a dollar, compared with 44 per cent a year before, the company said in its earnings on Wednesday.

Chief operating officer Stephane Gonthier noted that the more expensive items will not appear in every section of the store, but mostly in its seasonal and general merchandise products.

THE CANADIAN PRESS

Market Minute

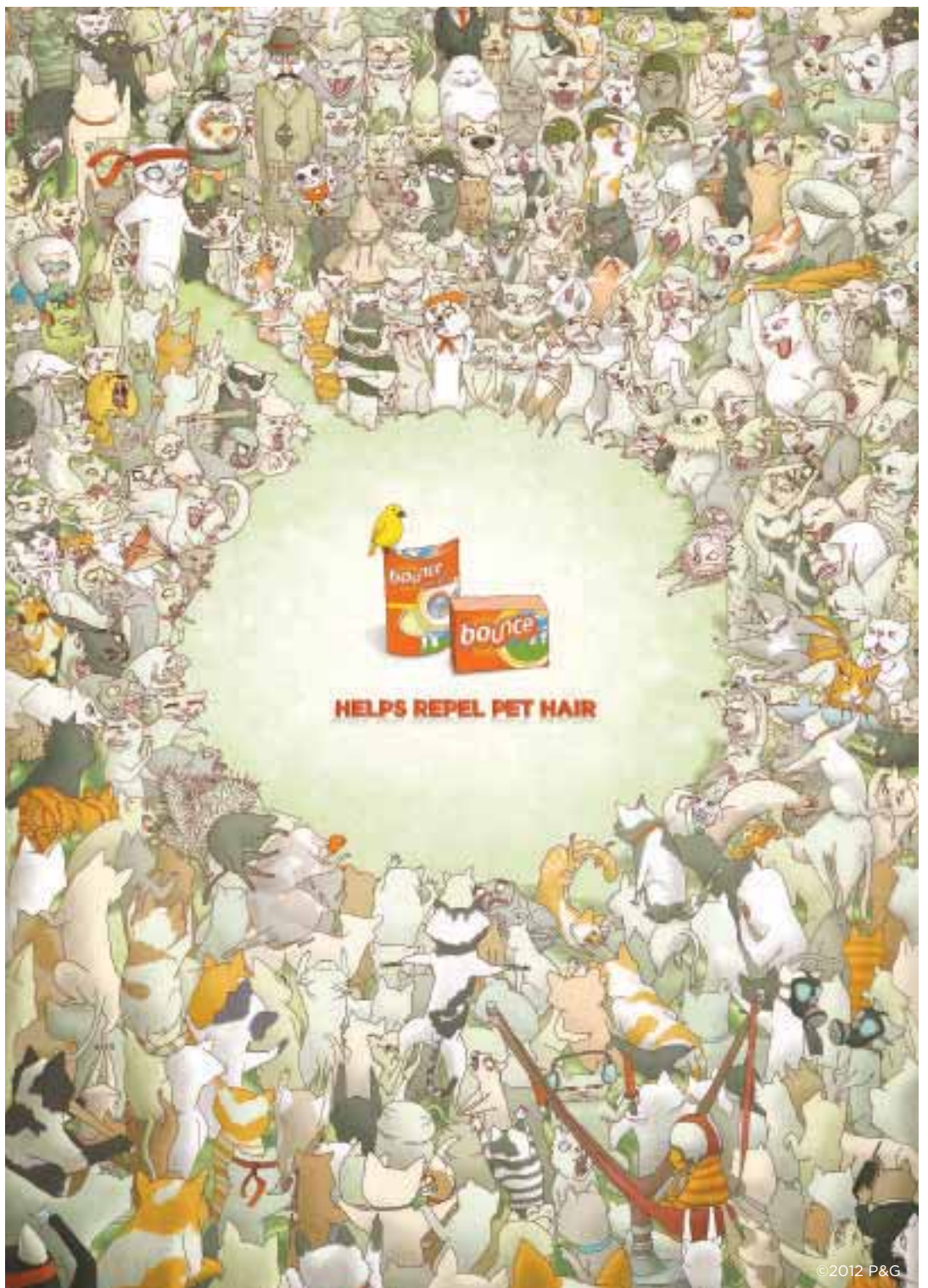
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TSX
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HOW I LEARNED TO STOP WORRYING AND LOVE THE GAME



HE SAYS...
John Mazerolle
metronews.ca/hesays

North Americans have finally accepted the Beautiful Game. When I watched my first World Cup in 1990, people condemned soccer as boring and unmanly and just generally this European thing we

didn't understand, like men in beach thongs.

Now, as the Euro plays out, even those who don't love it have come to accept its value. It's like when a passively xenophobic guy in a small town meets his first immigrant. "Hey," he says, "that soccer guy is all right."

Soccer and I got off to rocky start. I remember watching 22 years ago and thinking that each game had the same excitement level as CPAC.

Stop the excitement!

"I thought maybe there was an applause meter that let refs know when the game was getting too interesting."

But then there would be a long pass, the announcer's voice would rise and, at long last, the cry known around the world would ring out across the continents: Offside!

My understanding of the rule then was that whenever anything exciting was about to happen, the whistle would blow. I thought maybe there

was an applause meter that let refs know when the game was getting too interesting.

I also had a problem with diving — not that players did it, but that they were so bad at it.

Soccer players are terrible actors. A player will collapse to the pitch like he's stepped on a land mine, even though replays show the opposing player had only made eye contact. That I can accept, but the game loses me when the diver rolls back and forth like he's kneading a patch of dough. No truly injured person in the history of the world has ever rolled back and forth violently. Nobody who's been in a car accident thinks, "Better roll it out."

And of course I hated hooligans. Even hated the name, which makes the most despicable people in the world sound like loveable scamps.

But I've since come around, if only because North America knows how to screw up their sports, too.

If I still find the occasional soccer game boring, I need only think of what it was like to watch this year's NHL playoffs, which in the final two rounds were an amazing display of shot-blocking, icings and offside calls that the world had not witnessed the likes of since mid-January.

If I consider diving unsportsmanlike, I can think of how many people shrug off baseball players cheating their way right into the record books.

And if I wish to condemn rioters and thugs (and I do), I can also note how often North American sporting events seem to be celebrated with the ceremonial Burning of the Cars.

So now when the World Cup and the Euro roll around, I latch on to a team or two and drink in the colourful costumes, bicycle kicks, celebration runs and the rising crescendo of the soccer chant.

Frankly, any sport that can get 80,000 fans in one place without any of them singing YMCA is all right by me.



Danish fans soak up the atmosphere during a Euro 2012 match between Denmark and Portugal at Arena Lviv Wednesday in Lviv, Ukraine.

ALEX LIVESSEY/GETTY IMAGES

Highs and lows at Euro 2012



MARTIN ROSE/GETTY IMAGES

Action

Portugal wins, Russian fans rage

A Portugal fan enjoys the pre-game atmosphere during a Euro 2012 match between Denmark and Portugal at Arena Lviv on Wednesday in Lviv, Ukraine.

Portugal went on to beat Denmark 3-2.

But the tournament has not been without its fair share of controversy.

Russia could be deducted six points in its qualifying group for the next European Championship if its fans turn violent

again at Euro 2012.

UEFA fined the Russian soccer association \$150,000 US on Wednesday because its fans attacked stadium stewards at a match last week in Poland. UEFA also gave the federation a suspended six-point deduction for a repeat offence.

Within hours of the announcement, UEFA charged Russia with further offences relating to its fans' behaviour inside the National Stadium during the match against Poland on Tuesday in Warsaw. Russian fans were also filmed fighting with stadium staff in Wroclaw after a 4-1 win last Friday.

THE ASSOCIATED PRESS

Baring it all

Croatia's culture ministry has told an employee to stop revealing her bare breasts at European Championship matches.

- Topless Internet photos of Jelena Miksa, a clerk at the culture ministry, and a female family member have been a hit on social networks and local media as they celebrated Croatia's 3-1 victory over Ireland on Sunday in Poznan, Poland.

- The women said they did it in support of the team.

Offside

"We don't want to sound discourteous — we've always been willing to take on any type of subject — but we'll return to that when we're calmer, not on the eve of a key match."

Italy coach Cesare Prandelli, responding to Italy player Antonio Cassano's remark on gay footballers. Cassano said Tuesday that he hopes there are no homosexual players on the national team at the European Championship, then used a derogatory word to describe gays. Hours later, he issued an apology.



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THE WRONG
HANDS
WHEN I'VE
HAD A FEW
DRINKS

25%
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THE
COMPANIES'
SECURITY

50%
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TOO SOPHISTICATED
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Twitter

@davesorrh:

Re: Rob Lowe "controversy"... This is why we can't have nice things Winnipeg. #worldclass

@shiftlessLL:

I wonder if we can get R.Kelly to help @roblowe with his #trappedinahellhole dilemma. #itstheremix

@JamesVKautz:

I think @roblowe should have to repave Portage Ave as punish-

ment. Just like Lightning McQueen. #trappedinahellhole

@power97philly:

The biggest insult to come out of the Rob Lowe flap: Accusing Winnipeg of being home to WDAZ News.

@CarneyAl:

There are a lot of really sh-tty bars in Winnipeg. We're from here, we all know this. #trapped-inahellhole

War on Music fighting fire with weekend fundraiser

Determined. Heavy metal co-op celebrating new store and five year anniversary after accident ruined first HQ



BACKSTAGE PASS
Jared Story
winipeg@metronews.ca

War on Music officially launches its new 91 Albert St. location this Friday and Saturday, eight weeks after an electrical fire destroyed its former site. The Winnipeg co-op record store which sells mostly heavy metal music and merchandise, in addition to operating a label specializing in vinyl re-releases, almost went up in smoke.

"There was a short period of seven to 10 days after the fire where we were seriously considering whether or not we should open another retail location," says Charley Justice, 28, a War on Music founder.

"The label inventory was elsewhere and was still fully functional so an option was just to do a really good web store. We thought about that for a week or so and after deciding to go ahead with a shop it was just a matter of knocking down the pins."

Justice says War on Music's main distributors were kind enough to send the store inventory as an advance on the label's future sales. As far as the space, Justice knew there was a vacancy on the second floor of 91 Albert St. through his other job at Mondragon Bookstore & Coffeehouse.

War on Music opened its doors June 1 and will be operating at full capacity by this weekend. The co-op will celebrate that and its fifth an-



Propagandhi's Chris Hannah browses the selection at War on Music's new 91 Albert St. location. JARED STORY/METRO

niversary with three shows, tonight and Friday at The Zoo and Saturday at the King's Hotel.

"It's a fundraiser," Justice says. "Our business took a pretty huge hit. We were substantially under insured. We were insured for the value of the business two years ago be-

fore the label really started to expand and we just never updated it so we got some insurance but lost a lot."

One thing that wasn't lost was War on Music's passion for hard copy music.

"Yes, you can buy music online, but I still feel a kinship with going to record store and

maybe finding out something new," says War on Music member Marc Evans, 29. "It's great to have someone get really excited about an album and have conversations like 'Oh, you like album A, have you heard album B?'"

Tonight's show features such Winnipeg acts as Pip

Skid and Republic of Champions, while tomorrow's show sees local bands like Electro Quarterstaff, Lonely Vulcans, and Still Lights rocking The Zoo. Saturday's show at Kings is headlined by Zero Cause. Admission for all shows is by donation. All proceeds go to War on Music's fire benefit.

2

SCENE

Scene in brief

Cruise honoured by Friars

Tom Cruise was in Manhattan to collect an award, and, yes, promote a movie. On Tuesday night, the actor received the fourth-ever Friars Club Entertainment Icon Award, placing him in the same company as Douglas Fairbanks, Cary Grant and Frank Sinatra. The evening was a toast, not a roast. Alec Baldwin presided at the Waldorf-Astoria, where speakers included such former co-stars as Cuba Gooding Jr. and Kevin Pollak. Robin Thicke and Corinne Rae Bailey were among the musical performers. Many had stories about working with Cruise and his impact on them.

THE ASSOCIATED PRESS

On the web



AKB48, whose singers are ranked by fans, becomes a hit in Japan; founder trying formula abroad

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Colin Farrell fully embraces demands of starring role in Total Recall remake

Summer blockbuster.

Rising star and cast had a blast shooting sequel to 1990 sci-fi thriller in Toronto

TREVOR PARKER

scenel@metronews.ca

As eager as he may be for audiences to enjoy his work in the upcoming big-budget Total Recall remake, Colin Farrell wants to state upfront that there's one area in which his version wouldn't dare to compete with the 1990 Schwarzenegger original: "I noticed a lack of one-line jokes," he laughs. "No one does one-liners like Arnie!"

The Recall update is set to be a more sober, serious take on the tale of an oblivious man in the near future who tampers with his memories and ends up uncovering a hidden past and personality.

Farrell says he was at first reluctant to leap into a produc-



Colin Farrell stars in Columbia Pictures remake of Total Recall which opens in theatres August 3. COLUMBIA PICTURES

tion that encompassed such a humongous scope, one that overran Toronto streets as well as occupying several cavernous soundstages at the city's new Pinewood studio facility while shooting last year.

"It was terrifying," he admits. "I've been quite content creatively, over the last six or

seven years, doing films that were smaller in budgetary scale. It scares the s---t out of me, the idea of being in a really, really big film, it really does.

"But I'm open to it. Initially, I responded to the script and I responded to the idea of a man named Quaid who just really

didn't know who he was. It brings up the questions: What makes a person what they are? What makes us all? Can you reclaim, can you change? So meeting Len (Wiseman, director) and seeing his concept artwork and the world he was going to create ... I came away from meeting him saying, 'I'd

really love to do this, I hope I can!'"

Actress Jessica Biel appears in the film as capable and sexy freedom fighter Melina. Of her role, Biel says, "Melina's grown up very much this underground soldier, and this very strong, empowered person."

Farrell and Biel are chatting

with members of the media after a lengthy and particularly punishing day of staging Total Recall's extensive zero-gravity simulations. The action saw the pair trussed up by wires and hung upside down for hours at a time while blasting away with futuristic firearms.

"It's actually so physically painful that there's nothing to do but laugh," Biel says. "You just get completely giddy and it gets to a point where you feel like your eyeballs are about to pop out. We've done our best to laugh through it."

Biel goes on to say that she had much more fun working on her fight scene with co-star Kate Beckinsale, who plays the villainous Lori. She found the scene interesting "because (Kate and I) never fight with women. You're always fighting a monster or thug or something. You never fight a beautiful, sinewy long haired woman. I think it'll look really cool and aggressive. The only issue that we had during the fight was that Kate's hair kept getting stuck in my jacket!"

wag

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The remastering of a science-fiction classic

A new vision.
Director Len Wiseman combines stunning visuals with a compelling mystery

TREVOR PARKER
scenel@metronews.ca

With remakes of beloved titles hitting multiplexes on a seemingly weekly basis, it's a tricky balancing act for those filmmakers to attract new fans as well as satisfying devotees of the source material.

It's a battle with which the director of the new Total Recall, Len Wiseman, is well aware: "It was a challenge. The Recall script came to me, out of the blue, and I was just taken by the direction that it went in. Of course, there's going to be a side that says, 'Why even do it if it's going to be that much different?' The other group says, 'If there's nothing new, nothing original, why bother?' With all of that out there, I just very selfishly make the movie for myself, and hopefully other people like it."

Wiseman's Recall is certainly adopting a fresh perspective. Gone is the Mars setting of the first film, replaced by a divided earth and a massive tunnel between two nations, bored directly through the centre of the globe.

Production designer Patrick Tatopoulos describes the two sides, with the United Federation of Britain, home of the ruling class, being "bright and clean, with beautiful misty skies. Everything is pristine."

In New Asia, the hardscabble home of lead character Quaid (played by Colin Farrell), Tatopoulos says, "It feels like old and new technology together. It'll be really grungy. We shot with 350 (extras), so it really feels like a living city. The costumes are going to be outrageous."

As elaborate as the environment and visuals are, Wiseman hopes the core story of hunting for one's identity will be his Recall's most compelling aspect. "There's a ton of action," he says, "but action is completely dead if there's no driving emotion or mystery behind it. What I love about this project the most, I love a mystery any-

A family affair

Total Recall marks the third occasion that Len Wiseman has directed his wife, actress Kate Beckinsale. "Kate's been in action movies before, but never as the villain," Wiseman says. "I love the idea." For this Recall, Beckinsale appears as the duplicitous Lori, the role played by Sharon Stone in the 1990 original.

ways, but when the mystery is about the character himself. I'm always drawn to that, like The Fugitive, or Bourne or Blade Runner. Going through the action, there are puzzle pieces within; as Quaid is trying to find out the ultimate mystery, which is, 'Who am I?' That's a big part of it, because otherwise it's just a bunch of explosions and expensive effects."

Wiseman also stood fast against pressure to have Recall released in 3-D. "I'm not against 3-D. It just didn't work with what kind of film I was trying to make."

An advertisement for Herbal Essences hair care products. The background is a deep blue. In the top left, the Herbal Essences logo is visible. The main headline reads "FOR THE LATEST IN HAIR CARE" in large white letters, followed by "VISIT YOUR LOCAL WALMART" in smaller white letters. Below this, the word "new" is written in large, bold, green letters. To the left of the product bottles, a woman with long, wavy brown hair is shown from the chest up, looking towards the camera. In the center, three bottles of the "Bye-Bye Breakage Collection" are displayed: a 2-in-1 shampoo and conditioner bottle, a shampoo bottle, and a conditioner bottle. To the right of the bottles, the text "BUILT-in Damage PROTECTION EVERY TIME YOU SHAMPOO & CONDITION" is written in white. At the bottom right, the Walmart logo is shown with the tagline "Available at Walmart Save money. Live better." and a small yellow star icon.

Skies the limit for Jessup as he bags bigger role

Turning 18. Canadian actor's Falling Skies character — Ben Mason — is not only growing up, he's finally getting a gun and a taste of the action

to put it lightly. First, he's finishing high school, and later this month he turns 18. On top of all that, Jessup gets to celebrate the second season premiere of the science-fiction series Falling Skies, in which his character, Ben Mason, plays a much bigger — and more gunplay-filled — role than in the first season.

It must be stressful trying to juggle promoting a TV show and finishing high school.

Quoted

"I like to describe it as puberty on steroids — he doesn't know what's happening to him."

Connor Jessup, Falling Skies, explaining the changes his character is going through

Yeah. It's less stressful than trying to juggle shooting the show and finishing high school, which was basically

impossible to do. So now I'm suffering for the time I spent shooting, trying to catch up with everything. I graduate the day before my 18th birthday, so it's very exciting. Which is also three days after the show airs, so it's a very packed week. June's exciting.

Your character gets a lot more to do on the show this year.

Last season, Ben was the guy who stayed back and didn't



Toronto-born Connor Jessup is happy that his Falling Skies character is getting more exciting things to do next season. BENNY HADDAD/THE CANADIAN PRESS

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go out on any fights. He was more passive, more bookish. He was less involved in the actual action of the show. Between seasons one and two, there's a time gap of three months, and in that time he's become a fighter. He's become much more aggressive. He's become very angry because he thinks his dad is gone and probably dead, he's lost a lot of people in these various battles. He's become much colder and more distant. When the season takes off, he's fighting. He's very angry at the aliens, but a lot of that anger is a manifestation of his own fear and confusion. I like to describe it as puberty on steroids — he doesn't know what's happening to him, there's a lot happening to his body, to his emotions, and he's trying to deal with them through angst, violence and aggressiveness. But also this season Ben plays a much more central role in the mystery of the show.

What was your reaction when you heard how much more you'd have to do?

It happened in stages. We found out that the show was getting picked up for a second season in July, almost a few weeks after it aired, but I didn't hear anything after that about what the season was about or what was happening, until September, which was only three or

four weeks before we started shooting. So it's mid-September and I get a phone call from one of our executive producers and directors, Greg Beeman. I love him a lot, but he has a very succinct way of talking. He gets right to the point. He just said, "You're going to be an action hero. Buff up" and hung up, pretty much. He left me with that. I didn't know what it meant. I didn't know the context. All I knew was that I was going to be involved in the action stuff, and I had three and a half weeks to go to the gym.

Aside from a lot of time in the gym, you had to do some weapons training as well.

Last year, I was always very envious of the other cast members with their AK-47s and their pistols and grenade launchers and all those things. I was always kind of hoping that I could use one. I always thought that it was a distant possibility, but sure enough my character, beyond just using one, always has one now. So we had to go through weapons training before we started shooting, which is basically just a day of learning how to handle weapons, be safe with them because we fire a lot of blanks in the show. You get to pick your weapon in the show, so the guns end up reflecting the characters.

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Arquette making divorce official

David Arquette, after nearly two years of separation, has finally filed for divorce from Courteney Cox, according to TMZ.

The papers, however, list the official date of separation as December 31, 2011.

Arquette apparently signed the papers in March but held off on submitting them until Tuesday,

which would have been the couple's 13th anniversary. Arquette cited irreconcilable differences in the filing, and though he's asking for joint legal and physical custody of their eight-year-old daughter, Coco, he has not asked for spousal or child support.

Arquette also plans to represent himself in the proceeding.



David Arquette

Richards in splitsville

The apparent romantic rekindling between Richie Sambora and Denise Richards is now off, it turns out, according to Celebuzz.

"They're done," a source says. "They've always stayed friends through everything they've gone through. Sambora and Richards first dated in 2006 after splitting from their respective exes, Heather Locklear and Charlie Sheen.



Denise Richards

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lohan escapes a charge, earns a babysitter

THE WORD

Monica Weymouth
scene@metronews.ca

This Lindsay Lohan car crash is turning out to be especially hard to look away from.

Not only did the actress lie about who was driving, but now police have confiscated a plastic bottle full of alcohol from the rented Porsche's trunk, reports TMZ. Luckily, police have decided not to cite her with an open container violation, and she reportedly was not under the influence at the

time of the crash. Lohan's employers, however, aren't willing to look the other way. The producers of her new Elizabeth Taylor biopic for Lifetime, *Liz & Dick*, decided to stop taking chances and hired her a driver.

"Lifetime will lose a ton of money if Lindsay doesn't finish filming *Liz and Dick*, plus they don't want anything to happen to her on their watch," a source tells PerezHilton.com. "So it was decided it would be cheaper to get her a driver. This is a make-or-break moment for Lindsay."

Nice start, guys. But we recommend adding a special ops team, a creative pharmacist, a lazy river and the fluffiest basket of kittens L.A. has to offer if you truly want to contain this girl.

Twitter



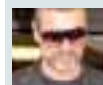
@rosemcgowan

I'd pay big money to watch Ken dolls in a fight club. Which is weird.



@goldiehawn

Off to Hungary with my Sis to discover our roots! Fun!!



@GeorgeMichael

Nothing to rant about, damn, must watch the news.....



@SteveMartinToGo

I just noticed a news item that says the Nobel Prize has shrunk from 1.4 million to 1.2. What's the point of going on?



Leonardo DiCaprio

DiCaprio coupling up with Heatherton

Leonardo DiCaprio appears to be serious about his latest girlfriend, Victoria's Secret model Erin Heatherton, whom he's been dating long-distance since December, according to *Us Weekly*.

Though he followed up filming *The Great Gatsby* in Australia by

heading straight to New Orleans for Quentin Tarantino's *Django Unchained*, DiCaprio has been making more time for Heatherton lately, hitting the town in New York.

They were spotted fawning over one another at the restaurant Candela earlier this week.

And just last week, the pair hit up New York hotspot the Darby.

"They showed up hand-in-hand," a source says. "They were acting like a couple all night."

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3

LIFE

Fashion Flash

**Jeanne Beker
honoured
with award**

After 27 years as host of FashionTelevision, Jeanne Beker was presented with the 2012 Canadian Award of Distinction at this year's Banff World Media Festival. Previous winners of the award include Howie Mandel, Eric McCormack and Kim Cattrall.

THE CANADIAN PRESS

On the Web

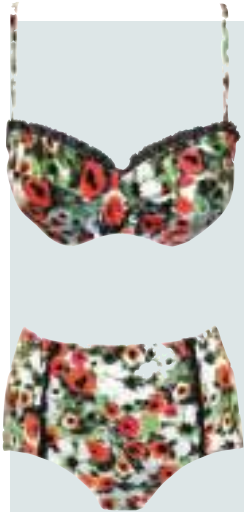


Louvre Museum opens storied hallways to Ferragamo fashion show, making history

Making a splash

After months of cloud and rain, you may feel self-conscious when showing off your sun-deprived body for the first time. However, covering up with a drab or unflattering swimsuit isn't going to help. Summer is your time to shine, so we picked the top eye-catching swimsuits that will ensure you make a jaw-dropping entrance, wherever you go.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

 Lazy beach day: Seafolly Tea Rose bustier bra in coral & siren pant in coral \$85 & \$72 seafolly.com	Beach date: Zimmermann Savannah floral-print strapless swimsuit top: \$330 net-a-porter.com 	 Pool party: H&M Turquoise/patterned bikini top and bottom top: \$4.95 & bottom: \$4.95 hm.com	Girly get together: Topshop Blue Rio Print One Piece swimsuit \$68 topshop.com 	 Cocktail party: ASOS Bold Tropical Cut Out Suit \$52.19 asos.com
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Carpet trends. Faded, chopped and dyed rugs make for some pretty artful floors



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The look of handmade is everywhere in design and acts as a great juxtaposition to modern furnishings and art in a room.

Without exception, the floors are the most ignored part of any decor scheme. Why not add uniqueness to your space by adding a

vintage rug?

The world is full of old, tattered, outdated carpets and what better way to recycle than to reinvent them into something hip and attractive?

The earth-friendly trend is to reuse and revamp worn and outdated rugs into something fresh and artful for our rooms.

Second-life rugs can be bleached for a sun-kissed romantic look or over-dyed with rich saturated Andy Warhol-style acidic colours. Damaged rugs can be cut into large pieces and sewn back together for a patchwork of pattern in a room.

Too bad the design world can't figure out how to reinvent the rust velvet recliner.



Colour-matched remnants of kilim carpets create a handmade and casual look for the floor. Patchwork Kilim Rug, \$464 HOMESAV.COM

Unroll a little art

Rug rules

If the room is in desperate need of colour or pattern, then choose a glass or Lucite coffee table to show off your rug.

Too much colour for your liking? A wooden table or large ottoman will help break it up.

Use a rug to define an area in a room or hallway. Two or three short runners can break up a long hallway space and shorten the overall look while a collection of layered rugs can be easily moved around for a variety of looks.

In small spaces try to match the tone (light and dark) of the rug to the floor; it visually makes the space look larger if both match.

Patterned carpets are great for high-traffic areas as they show less wear and tear than a solid colour.

Don't excuse using outdoor woven rugs inside to take the wear and tear of a busy space.

Sweet dreams

Interested in a three-way in your bed?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles, What is the three-sheet

bed-making process and why is this important? Why do we need three sheets? Curious

Hello Curious! The three-sheet bed method is an older method that was used particularly when wool blankets were on the bed and these items were rough against the skin.

The third sheet covers the blanket and gets tucked

in just like all of the other sheets on the bed. This third sheet made the bed softer and nicer so that you didn't feel the rough wool against your skin, and more importantly you didn't dirty the wool blanket, as washing it was very difficult.

If the bed had a duvet, it was then folded in a "three-fold" at the end of the bed and only used on very cold nights.

Although not common today, when you see a bed made in this fashion, and sleep in a bed made with three sheets, it is fabulous, luxurious and such a treat!

Lastly, often the "third sheet" had a family crest or initials in the middle of the sheet, which visually looks breathtaking.

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA



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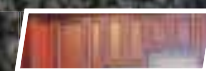
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OAK SERIES KITCHEN CABINETS

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Ready to meet new meat? Say hello to cutting edge of carnivore world

The economy has prompted cost-conscious restaurant chefs to spearhead creative — and often less costly — new cuts of beef.

And when they do that, it usually doesn't take long for those cuts to move off the menu and into butcher and grocery shops.

To help get you grill with one of the newly popular cuts of beef, here is a recipe for a meat on the cutting edge.

1. In a large bowl, stir together the oil, brown sugar, 1 teaspoon salt, 1 teaspoon pepper, garlic powder, onion powder, smoked paprika, cumin and cayenne.

2. Place the steaks in the bowl and massage the mixture into the meat, making sure to coat all sides. Allow to sit at room temperature for 30 minutes.

3. Heat the grill to medium-high.

Ingredients

Start to finish: 45 minutes

- 2 tbsp vegetable oil
- 1 tbsp brown sugar
- Salt and ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp cayenne
- Four 12-oz chuck roll steaks
- 1 large sweet onion, cut into 4 thick slices

4. Season the onion slices with salt and pepper. Grill the onions without flipping them for 6 to 8 minutes, or until charred and tender. Grill the steaks for 4 to 5 minutes per side for medium-rare.

5. Remove the steaks from the heat and allow to rest for 8 to 10 minutes before serving. Serve with the grilled onions.

THE ASSOCIATED PRESS

Chuck Roll Steaks with Barbecue Rub and Grilled Onions.



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Book of the week

Rethink how you cook your meat



In *Charred & Scruffed*, chef Adam Perry Lang produces layers of flavour by using new techniques that range from roughing up meat and vegetables ("scruffing") to cooking directly on hot coals ("clenching") to constantly turning and moving the meat while cooking ("hot potato"). Meanwhile, his board dressings and finishing salts build upon delicious meat juices.

The new techniques result in recipes such as Leg of Lamb, Clinched-and-Planked Shrimp, High-Low Boneless Rib Eye, Scruffed Carbonara Potatoes, Crispy Moonshine Onion Rings and more. METRO

Plants pretty enough to eat

Gardening ideas. Sweet potatoes for decoration? Some flowers and veggies do double duty

Sweet potato vines decorating window boxes? Blueberry plants prized more for their foliage than their fruit?

Some flowers and vegetables are as appealing in the home garden as they are on the menu. "We generally are interested in something to eat when

we grow vegetables. In some cases, however, certain vegetable cultivars have been bred and selected for their ornamental characteristics rather than their food quality," said Dan Gill, a Louisiana State University AgCenter horticulturist.

Ornamental sweet potatoes are a prime example, he said.

"They've been really popular in the last 15 or 20 years," Gill said. "The early ones can easily cover five square feet. Plant a few in a container and they will fill it in."

Sweet potatoes are vining plants, members of the mor-

ning glory family, so they work equally well as low-growing bedding plants, as ground cover or trailing from hanging baskets, he said.

"They can be aggressive, however. Breeders are developing hybrids that are less vigorous and that play well in mixed beds with other plants," Gill said. "They do produce an edible crop but they're not that tasty. Gardeners like them more for their coloured foliage."

Blueberries are another great multi-use option, said Scott NeSmith, a research horti-

culturist at the University of Georgia-Griffin campus.

"We're seeking a variety of novel blueberry types, with (an) emphasis on berry colours, plant shape and form, fall colour, dwarfness and other interesting traits," he said. "We want consumers to surround themselves with flavourful beauty."

Just as there are ornamental fruits and vegetables, so, too, are there edible flowers and garden beauties that provide culinary treats. Some nominees: Hostas (blooms), daylilies (tubers, buds), dandelions (flowers when picked young),



Hostas are a great multi-use option for growers who like flowers that taste as good as they look. DEAN FOSDICK/ THE ASSOCIATED PRESS

marigolds ("poor man's saffron"), begonias. Also there are sunflowers (buds), yucca (petals, fruit), lavender (blooms), nasturtium (leaves, petals).

A couple of cautions, however, about adding flowers to

the menu: "Never use flowers for garnishing unless you know for certain they are edible," said Gill, adding, "Some flowers, like the plants that produce them, are poisonous."

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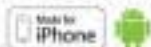
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metro

FATHER'S DAY

Thursday, June 14, 2012



Spending quality time with dad during Father's Day is a simple, yet thoughtful, gesture from the family. DESIGN PICS/THINKSTOCK

How to celebrate dad's big day

ASTRID
VAN DEN BROEK
For Metro

You and the kids have breakfast in bed planned. Now what else should you do for Father's Day? Here are some other ways to celebrate the big guy this Sunday.

Make it from the heart
"To truly celebrate my role

as a father, I would love to be recognized for the things I do day in and day out," says Jim Lin, the blogger behind busydad.com. And that recognition could even be as small as a homemade card or drawing telling dad why he really is the best dad ever.

"But if you want to indulge me on my special day, all I really want to do is spend the day enjoying

my family without the usual distractions that come with it, such as chores, cleaning, watching what I eat and so forth."

However, if you are out of preschool and have grown out of making those homemade cards for dad, little heartfelt gestures go a long way — think taking dad out to do something he loves, from going for coffee to a

game of tennis on the courts.

Keep it family focused

The point is to make it special and involve the family, says Chris Read, the blogger who writes canadiandad.com. "While a lot of guys would love to golf with their buddies or ride in a limo in Vegas, the real truth is that we have all year to do that stuff and this day should be

about family," says Read. "Maybe give dad an hour to himself at some point during the day and that will be more than enough. Though, this depends on the lifestyles of the family."

Sleep, sleep, sleep

Give dad the ultimate gift any father can appreciate.

"On the actual day, a sleep-in is always a great way

to spoil dad. They're a lot less frequent nowadays," says Nick Cheeseman, a father and blogger with Canadad (ncheeseman.blogspot.ca).

"For me, a day of family fun such as an outing to the zoo would be best the way to spend it. Just avoid maybe big brunches with the whole extended family or some time to watch the big game on the couch."

New ideas. Resist the urge to get the same old gift

Step away from the tie ... and try getting something new for dad this Father's Day. Stumped for ideas?

We asked four daddy bloggers for suggestions on what to give dad.

Dads in their 20s-30s

"Try spoiling dad with things like breakfast in bed or an hour at a day spa — yes, modern dads also enjoy look-

ing after their bodies well," says Stefan Korn, the blogger behind DIYFather.com. Many spas offer Father's Day packages that include services such as facials, massages, pedicures for men and more.

Dads in their 40s-50s

Help keep top of dad's mind while he is at work, suggests Warren Orlans, the blogger behind urbandaddy.world-

press.com. "Last year, I received a beautiful set of cufflinks, which are very much back in fashion for working dads," he says. Other ideas include a picture frame with the family's picture in it or a mouse pad with a picture of the kids on it.

"Give him something where he can be a kid again," says Nick Cheeseman, the Canadad blogger (ncheese-

man.blogspot.ca). Think gifts such as a new football if dad likes to toss the ball around or a new Wii game just for him to play.

"Tickets to a sporting event or some advanced driving lessons — rally or race, not defensive — also works," says Cheeseman. "If you really want to splurge, how about a whitewater rafting trip with his buddies or a

weekend kid free, especially with his wife."

Dads in 60s and older

Give dad a bottle of his favourite drink, suggests Korn. Get a little creative if you can — pair a bottle of spicy vodka with a can of Clamato, celery salt and pepperoni sticks or a bunch of celery for homemade Caesars, or a six-pack of beer plus an offer to take

him on a brewery tour.

If you really can't decide what to get him, give the choice to dad. "Dads love gift cards to tool shops, sporting goods stores and electronics," says Chris Read, the blogger with canadiandad.com.

"Yes, gift cards are impersonal but they are what we like, so don't feel bad!"

ASTRID VAN DEN BROEK

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Gizmos & Gadgets

Grand Grill
Daddy Cleaning
Brush — \$50.



MIKE
YAWNEY
For Metro

Forget the cologne and ties, true love is shown through technology! Here are some of the best tech gadgets guaranteed to put a smile on your dad's face this Father's Day.

Samsung Galaxy SIII — \$149.99 with contract

A smartphone with some serious technology! Control your phone with your voice or send video files up to 1GB in size by simply tapping it against another Galaxy SIII phone. The front camera also tracks your eye

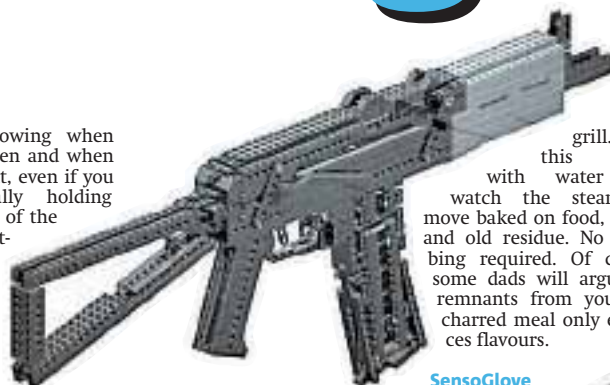
movement, knowing when to dim the screen and when to keep it bright, even if you aren't physically holding the device. One of the hottest smartphones of the summer!

Ballistic Hard Core Case — \$49.99

Ultimate protection for your smartphone. Ballistic cases have five layers of protection to guard against drops, fingerprints, scratches, and dust. It's also water resistant. As one of the highest rated cases on the market, this case can handle even the toughest work sites. Available for numerous smartphones.

New iPad — \$519 and up

With a million more pixels than your HD TV, the retina screen on Apple's new iPad must be seen to be believed. Watch sports, read your favourite publication or download one of



the more than 500,000 apps now available in the App Store. Still one of the best tablets on the market.

iGrill — \$79.95

Never overcook another steak again! The iGrill cooking/grilling thermometer communicates with your iPhone, iPod or iPad via Bluetooth so you can see the temperature of your meat in real time. Two probes means you can monitor two different cuts of meat at the same time. Best of all it has a range of 200 feet!

Grand Grill Daddy Cleaning Brush — \$50

Use the power of steam to clean that barbecue

grill. Fill this brush with water and watch the steam remove baked on food, grease and old residue. No scrubbing required. Of course, some dads will argue the remnants from your last charred meal only enhances flavours.

SensoGlove — \$89.99

The first golf glove with a built-in computer to help improve your game. Sensors detect your grip, giving audio and visual feedback to let you know when your grip is too tight. If the glove wears out, simply transfer the computer to a new one.

LEGO Heavy Weapons — \$16

A project for mature LEGO lovers. LEGO Heavy weapons



HYT H1 Titanium
Watch — \$47,000.

gives detailed instructions on how to build a collection of truly impressive 1:1 scale working replicas of the world's most iconic firearms. A challenge for even the most serious builders.



Since Nest connects to the Internet you can control the temperature in your home from anywhere with your smartphone.

HYT H1 Titanium Watch — \$47,000

An amazing blend of luxury and technology. Tiny bellows gently pump luminescent liquid around a ring on the face of the watch to display time. It's the first watch of its kind, gaining attention worldwide. Too bad very few will be able to afford this pricey timepiece.

Nest Thermostat — \$250

Designed by the inventor of the iPod, Nest is a thermostat that learns your habits so it knows when to cool or heat your home, saving you money.



Clockwise, from far left, SensoGlove — \$89.99, LEGO Heavy Weapons — \$16, Samsung Galaxy SIII — \$149.99 with contract, Nest Thermostat — \$250, iPad — \$519 and up, iGrill — \$79.95, and Ballistic Hard Core Case — \$49.99.

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Hey sport, how about playing catch

PETER
DOYLE

For Metro

With Father's Day fast approaching, the pressure is on to find a memorable gift. This year, instead of another tie or a bottle of single malt, find something that appeals to his inner sportsman.

The first step is to consider which sports interest

your dad: Does he play recreational hockey? Is he a golfer, a cross-country skier, a runner? There is a set of equipment and apparel for each sport.

Once you have chosen a sport, you will need to learn if there is something he needs. A little research will help: Get in touch with one of his teammates or buddies (e.g., tennis or golf partner).

While many men tend to buy what they want when they need it, most often settle for low- to medium-quality. This might give you an opportunity to go for the gold: Giving him something of a quality higher than he would buy for himself sends a clear message that you believe he is worth it.

If your dad is more fan than player, start by making

a list of his favourite teams. Merchandising is the cash cow of professional sports and the array of team branded gear expands daily: From chairs and key chains to rubber ducks, and iPhone and iPod covers. Another option is to buy a television or Internet package so he can watch to his heart's content.

If your dad loves books, buy a large-format tome such

as Sports Illustrated's The Baseball Book or The Hockey Book. If he is a serious reader, consider Stephen Brunt's Gretzky's Tears: Hockey, Canada and The Day Everything Changed, or Searching for Bobby Orr. A more sentimental choice is Fathers and Sons and Sports, a collection of short stories and reports from a long list of great writers.

If your father goes to the

gym regularly, consider a good quality bag for sports gear or toiletries. A few other ideas: A bike computer or pedometer, or camping gear, such as a headlamp or comfortable camp chair.

The best gift of all, of course, is the gift of time. So take your dad to a game, watch a sports-themed movie together or just play some catch in the backyard.

FATHER'S DAY IS THIS SUNDAY.
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Series 7



Wordle.net lets children stretch their imagination by thinking of expressive words that best describe their dad. CONTRIBUTED

Crafts. Handmade gifts that are made from the heart

KELLY
PUTTER

For Metro

Nothing says you care quite like a personalized gift, so encourage kids to create their own mini masterpieces this Father's Day.

A perennial favourite is this tasty barbecue rub, says Oakville elementary school teacher Nina March. For this Emeril Lagasse recipe, combine 2½ tablespoons paprika with 2 tablespoons each of salt and garlic powder. Add 1 tablespoon each of black pepper, onion powder, cayenne powder, oregano and thyme and mix thoroughly. Pour into spice jars and you are good to go.

"Dads seem to like this gift so much that they often come back asking for the recipe year after year," says March, who has taught for 17 years. "When we do Father's Day gifts it reflects what kids think is important to their dads."

Coupon books are an inspired way to tell dad you love him. March encourages her students to design coupons that promise to make dad's life easier in some small way. Good options might be giving dad two hours of quiet time so he can watch the baseball game or assuring him you won't fight with your sibling

at the dinner table.

Tech-savvy kids might enjoy this craft that fashions words into fun and funky artwork. Wordle.net lets children stretch their creative juices by thinking of expressive words that best describe dad. They might use dad, hockey, play and funny in their depiction. The website then spits out the words in different fonts, sizes and layouts. Print a copy and glue it onto construction paper. Children can make a puzzle-piece frame on card stock to complete the project.

No father can resist a world's-best-dad trophy. You will need two foam coffee cups, a five-inch square box, masking tape, one gold chenille stem, gold craft paint, black construction paper, glue and a white paint pen.

Glue the bottoms of the cups together. Once dry, wrap a piece of tape around the middle of the cups. Tape the entire box with masking tape. Cut chenille stem in half and insert into the sides of one cup as trophy handles.

Paint the cups and box in gold. Write "Word's Best Dad" in white on black construction paper and glue to the front of the box. Apply glue onto the bottom of the cup that doesn't have the trophy handles. Press on top of box and dry completely.

Bombers plan to rest veterans against Lions

CFL. Winnipeg opens its pre-season tonight

Neither of the starting quarterbacks will be on the field when the Montreal Alouettes play host to the Winnipeg Blue Bombers in the first CFL pre-season game for both teams at Percival Molson Stadium on Thursday night.

Both Montreal's Anthony Calvillo and Winnipeg's Buck Pierce will take the night off along with most established veterans as coaches get their first look in game action at the players they've been working hard at training camp the past two weeks.

It will be a first game for the Alouettes' new defensive co-ordinator Jeff Reinebold, a former Winnipeg head coach.

"I'm excited for the team," veteran guard Scott Flory said Wednesday. "We've got incredible talent and our coaching staff is amazing."

The Bombers will start Alex Brink at quarterback with Joey Elliott and Justin Glotz, who is battling for the third-string quarterback job, coming on in relief.

Montreal is expected to go with Adrian McPherson and

Beasts of the East

The teams finished tied atop the East Division last season at 10-8, with Winnipeg ranked first because it won the season series between them.

- The injury-struck Alouettes crashed out in the East semifinal against Hamilton, while the Bombers reached the Grey Cup game only to fall 34-23 to the host B.C. Lions.

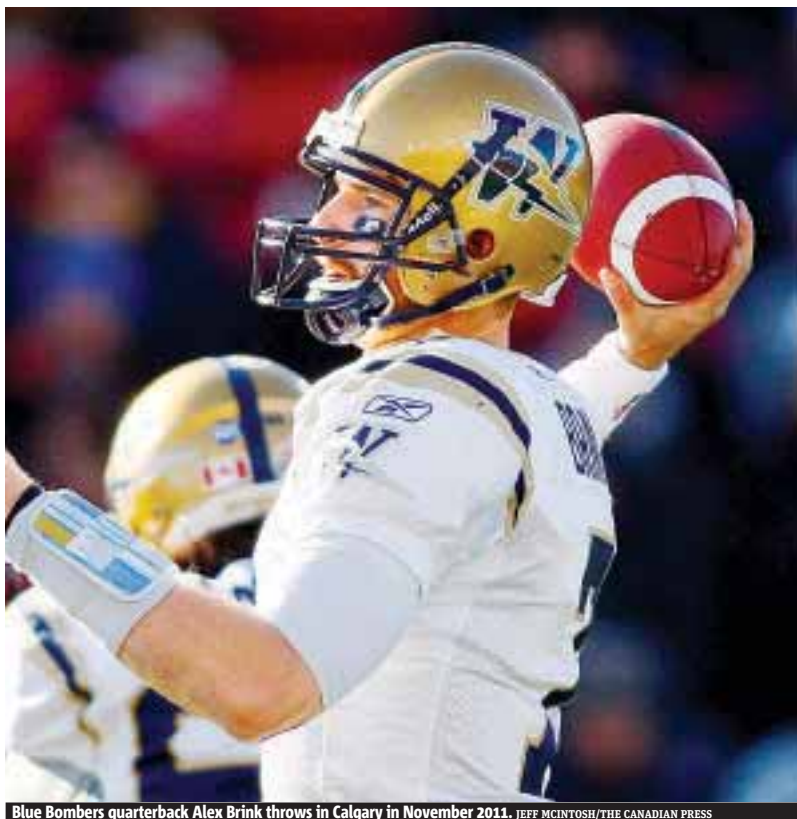
Josh Neiwswander.

Montreal picked up help in the off-season in veterans Aaron Hunt and Luc Mullinder and have tackle J.P. Bekasiak returning, but there is work available if a newcomer can stand out in the pre-season.

The Bombers defensive line is in the same boat after losing Doug Brown, who retired and is now in broadcasting, and Odell Willis.

But unlike Montreal, which has its offensive line set and healthy, the Bombers will be watching their big men after losing veterans Brendon Batte and Obby Khan in the off-season and with Glenn January and Andre Douglas injured.

THE CANADIAN PRESS



Blue Bombers quarterback Alex Brink throws in Calgary in November 2011. JEFF MCINTOSH/THE CANADIAN PRESS

Goldeyes' winning streak comes to an end



The Goldeyes' Ace Walker throws a pitch during the first inning of the team's 5-2 loss to the Lincoln Saltdogs on Wednesday. DAVE BAXTER/FOR METRO

DAVE BAXTER
winnipeg@metronews.ca

After pulling off six straight victories the Goldeyes finally lost a game on Wednesday, giving up the last of a three-game set with the Lincoln Saltdogs 5-2 in an afternoon matchup at Shaw Park in front of 7,015.

The Saltdogs scored the first run of the game in the fourth inning thanks to right fielder Stephen Holdren. After singling and getting to second base on a wild pitch, Holdren scored from second on a single by Tommy Collaro. The Dogs made it 2-0 that inning when Collaro scored on a groundout.

The Dogs got up 3-0 in the sixth when a single brought in Jared McDonald. They scored two more on a two-RBI single by McDonald, making the score 5-0 and chasing starting pitcher Ace Walker from the game.

The Fish scored two in the bottom of the ninth to make the score 5-2 but could not pull off the comeback.

The loss leaves the Goldeyes at 18-7 on the season. The Goldeyes now hit the road for a seven-game road trip starting Thursday in Sioux City.

It was announced that Goldeyes pitcher Nick Carr has been placed on the inactive list due to a shoulder injury.

Olympics

Feds support Munich tribute

The federal government has unanimously supported an international movement to honour the 11 Israelis slain at the 1972 Olympics.

The International Olympic Committee has refused requests to hold a special tribute at the London Olympic

opening ceremonies, 40 years after the Israeli athletes were killed by Palestinian gunmen at the Munich Games.

A motion in the House of Commons by Liberal MP Irwin Cotler to support the initiative for a tribute was adopted unanimously Wednesday. The IOC's refusal to honour the athletes with a moment of silence has left Israeli officials fuming.

THE ASSOCIATED PRESS

Olympic tennis

Nestor, Raonic to lead Canada's team

Olympic gold medallist Daniel Nestor and singles star Milos Raonic will lead Canada's tennis team at the London Olympics. Nestor, Vasek Pospisil, Raonic and Aleksandra Wozniak were nominated for Canada's Olympic team Wednesday. THE CANADIAN PRESS

Olympic diving

Canadian expects to compete in London despite injury

Canadian diving star Alexandre Despatie is expected to compete at the Olympics in London despite a deep cut to his head from a diving accident.

The 27-year-old from



Alexandre Despatie
GETTY IMAGES

he struck his head on the board full force Tuesday afternoon. THE CANADIAN PRESS

4

SPORTS

Quoted

"I can't think of any other course that really compares to it. Most places you try and get the fairways pretty flat when they're doing the design. But here, they seem to prefer the ball to land on one side of the fairway and run to the other."

Lee Westwood and other golfers preparing to play at Olympic Club for the U.S. Open have been debating whether the toughest stretch at Olympic was the opening six holes, or all 18 of them. About the only consensus was there won't be a repeat of the score Rory McIlroy posted last year at Congressional — a record-shattering 16-under 268.

"We want this event to be a real challenge."

USGA executive director Mike Davis.

THE ASSOCIATED PRESS

On the web



Lance Armstrong may have thought doping allegations against him were laid to rest, but fresh charges from the U.S. Anti-Doping Agency have put the retired professional cyclist and seven-time Tour de France winner back in the spotlight. Scan the code for the story.

German win has Netherlands facing early tourney exit



Nigel de Jong of the Netherlands tackles Mesut Ozil of Germany during a Euro 2012 Group B match on Wednesday in Kharkov, Ukraine. JOERN POLLEX/GETTY IMAGES

Euro 2012. Gomez nets two first-half goals as Germans sit atop Group B

Mario Gomez left the Netherlands on the brink of elimination from the European Championship, scoring both goals in Germany's 2-1 win Wednesday over one of its historic rivals.

Gomez scored both in the first half of one of the most anticipated showdowns of the tournament.

Robin van Persie pulled one back for the Netherlands in the second half but the defeat leaves the 2010 World Cup runner-up dangerously close to going home.

"Early on we had decent chances but the German goals came out of nowhere," Netherlands coach Bert van Marwijk said. "We defended badly. Our offence and defence did not connect."

Group B	
2	1
Germany	Netherlands

"Germany really has an excellent team. It has power, creativity and scoring."

Germany, a three-time European champion, has six points from two wins but is still not sure of advancing from Group B, where three teams could end up with six points. Earlier, Portugal beat Denmark 3-2.

"We've taken a major step and opened the door to the quarter-finals," Germany coach Joachim Loew said. "Now we have our destiny in our own hands against Denmark."

The Netherlands, along with Germany, is considered one of the favourites but was

drawn into a tough group. It now has lost both group games and needs to beat Portugal to have a hope. Germany will need only a draw against Denmark to win the group.

"The time just wouldn't pass, it remained standing (at the end of match)," said Gomez, who also scored the only goal in Germany's opening 1-0 win over Portugal. "They were pressing. It was close until the end but with Manuel Neuer in goal we can be a bit more relaxed."

"The expectations were great from our team even before the tournament and we've won six points against two classy teams, but it's a long way to the final."

THE ASSOCIATED PRESS

Quoted

"We had imagined all of this very differently."

Netherlands captain Mark van Bommel

Late goal propels Portugal to win

Underperforming Portugal finally got a win. Underperforming Cristiano Ronaldo wasn't much help.

After a miserable run of four games without a victory and only one goal scored, the Portuguese came through with an 87th-minute goal from substitute Silvestre Varela to beat Denmark 3-2 in Group B of the European Championship.

"Those of us who don't play from the start must be ready to join in at any time and deliver what the manager wants," said Varela, who replaced Raul Meireles in the 84th. "We should keep on working like this to achieve our aims."

All four teams in Group B can still advance to the quarter-finals. After Germany beat the Netherlands 2-1 in the late match, the three-time champions lead the group with six points while both Portugal and Denmark have three.

Varela scored the winner three minutes from the end, spinning on the ball and shooting from short range. It was Varela's first international goal in four appearances.

But the winning strike came late, and after several missed opportunities from Ronaldo.

"We should have killed the game off earlier," Portugal coach Paulo Bento said.



Silvestre Varela, right, of Portugal celebrates scoring in the 87th minute with Joao Moutinho during a Euro 2012 Group B match against Denmark on Wednesday in Lviv, Ukraine. ALEX LIVESEV/GETTY IMAGES

"We had enough chances."

Portugal also got first-half goals from Pepe and Helder Postiga at the Lviv Arena, but the Danes replied with a pair of goals from Nicklas Bendtner. The Denmark striker found the target just before halftime and then made it 2-2 in the 80th.

"To lose in the last five minutes is very tough for us to take," Bendtner said. "We

felt that one point at that stage was a very good result for us."

Ronaldo is Portugal's captain and easily its best player. And at Euro 2012, the team is looking to him to reproduce the kind of goal-rich form he showed at Real Madrid last season when he scored 60 goals.

But Ronaldo, facing a compact Danish defence that de-

Ambush marketing

Nicklas Bendtner could face UEFA action for ambush marketing after he scored his second goal in Denmark's 3-2 loss against Portugal. Bendtner's celebration Wednesday included lifting his shirt and dropping his shorts slightly to reveal a gambling firm's name on his underpants.

The bookmaker later tweeted a photograph claiming that Bendtner was wearing his lucky underwear.

nied the Netherlands a goal in their opening win, didn't even take a shot until the 18th minute. That one flew wide, and the forward threw his arms in the air and apparently cursed at a divot in the pitch.

"Ronaldo is one of the best players in the world and is a very good captain and a very good leader," Pepe said. "I'm sure he will score soon."

Ronaldo was the team's top scorer in qualifying for the tournament, racking up seven goals. But after the final whistle Wednesday, while Pepe raised his arms and celebrated, Ronaldo crouched alone on the field, staring quietly at the turf.

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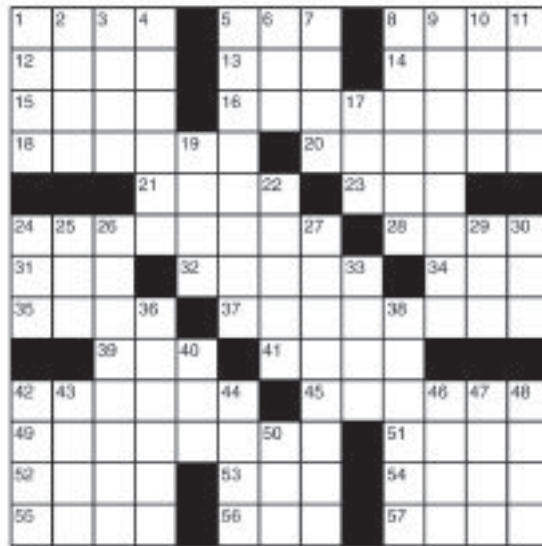
Crossword

Across

- 1 Venomous snakes
- 5 "The A-Team" actor
- 8 Borders
- 12 Beehive State
- 13 — de cologne
- 14 Sandwich cookie
- 15 Easy gait
- 16 Clever plan
- 18 Snow White's allies
- 20 Melee
- 21 Land map
- 23 Set of parts
- 24 Poker hand
- 28 Prevalent
- 31 Have bills
- 32 Prepare to drive
- 34 Neither's mate
- 35 Luxurious
- 37 Alien
- 39 Also
- 41 Opposed
- 42 Handy
- 45 Vessel for boiling
- 49 Noncommittal position
- 51 Teeny amount
- 52 Noble
- 53 Festive
- 54 Pressing need?
- 55 Argument
- 56 Type units
- 57 Albacore, e.g.

Down

- 1 "— Lang Syne"
- 2 Pack cargo
- 3 One of the Three Bears
- 4 Himalayan guide
- 5 Some notes
- 6 Snitch
- 7 Surf and —
- 8 Pompous talk
- 9 Putting up
- 10 Grand-scale prefix
- 11 Beans used in miso
- 17 Noah's boat
- 19 Move like a moth
- 22 Eighth Greek letter
- 24 Bribe
- 25 Pair
- 26 Roadside stop
- 27 Jailers
- 29 Enemy
- 30 Blunder
- 33 Liver spread
- 36 Capital of Tasmania
- 38 Fool
- 40 Ancient
- 42 Mail-truck abbr.
- 43 Dance lesson
- 44 Rim
- 46 From one end to t'other
- 47 "The — King"
- 48 Sicilian volcano



50 Fugitive's flight

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

TX IDJHNGIIO JPCOI YN
YPSI ONDI WIXWIOZTKM
OTJO NX ONEP, DTMZY YZIG
QI EWTKSTKM QWIPS XHCTE?
Saturday's Cryptoquip: THE PASTOR ALWAYS
SAVED SOME ROOM FOR WHAT HAD BECOME
HIS FAVORITE DESSERT, PREACH MELBA.
Today's Cryptoquip Clue: X equals F



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	FRIDAY	SATURDAY
 MAX: 23° MIN: 16°	 MAX: 24° MIN: 14°	 MAX: 27° MIN: 17°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Horoscope

♈ Aries | March 21 - April 20.

You'll hear what you want to hear today and ignore anything that does not fit in with your preconceived ideas. But why limit your thinking?

♉ Taurus | April 21 - May 21.

Don't worry if you're not doing much on a practical level because this is a time for thinking and planning.

♊ Gemini | May 22 - June 20.

This could be a stressful day, especially where relationships are concerned. Misunderstandings are likely but how you let them affect you is a matter of choice.

♋ Cancer | June 21 - July 22.

When the pressure gets to be too much, you can get emotional. The planets warn that a small emotional explosion is likely today. But it's better than a big one later!

♌ Leo | July 23 - Aug. 22.

It's not like you to be emotionally distant but something has annoyed you and now you are keeping your distance from certain people. It'll pass.

♍ Virgo | Aug. 23 - Sept. 22.

Try not to make promises you may not be able to keep today because if you let people down, they won't be too happy about it.

♎ Libra | Sept. 23 - Oct. 22.

Others are unlikely to react well if you are critical of their efforts today. They may be doing it wrong, but pointing out their faults and failings isn't likely to endear you to them.

♏ Scorpio | Oct. 23 - Nov. 21.

One moment you are too generous and the next you are too tough. It may be a reaction to other people's inconsistencies.

♐ Sagittarius | Nov. 22 - Dec. 21.

Colleagues and employers will look kindly on you today, so if there is anything you want from them now would be a good time to ask.

♑ Capricorn | Dec. 22 - Jan 20.

You seem concerned with personal relationships at the moment but until the Sun moves into your opposite sign on the 20th, you won't be able to change much for the better.

♒ Aquarius | Jan. 21 - Feb 18.

If you are not enjoying what you are working on then it's pretty obvious you are working on the wrong thing.

♓ Pisces | Feb. 19 - March 20.

You may be eager to show the world what you can do but if you are smart you'll hold off for a while. The Sun moves in your favour next week.

SALLY BROMPTON



Caption Contest

"Mom was right when she said ballet classes would be worth it one day."
Iris

GERALD HERBERT/THE ASSOCIATED PRESS

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